

Claims

- [c1] 1. Torque releasing mechanism for fitness equipment, comprising:
- a. An eye hook piece having an eye for fastening cable and a bolt body with threaded end;
 - b. A top cap piece having a center aperture allowing said bolt body to be slidably inserted;
 - c. A washer piece for insertion into said bolt body;
 - d. A nut piece for securing said washer piece to the threaded end of said bolt body;
 - e. A bottom piece for receiving grab bar of a fitness equipment;
 - f. Means for connecting said bottom piece to said top cap piece, whereby said nut and washer are fastened to said eye hood piece and are situated in the space between grab bar and said top cap piece.
- [c2] 2. The torque releasing mechanism of claim 1, wherein the means for connecting said bottom piece to said top cap piece is a locking pin of suitable rigid material that is inserted through holes on overlapping side panels of top cap piece and bottom piece.
- [c3] 3. The torque releasing mechanism of claim 1, wherein

the means for connecting said bottom piece to said top cap piece is to have circular shapes of top cap piece and bottom piece, with inside thread and outside thread, respectively, so that one piece can be turned and threaded into the other piece, completing a tightened connection of the two pieces.

[c4] 4. The torque releasing mechanism of claim 1, wherein the washer piece can be a round disk containing ball bearings for enhanced rotating freedom.

[c5] 5. The torque releasing mechanism of claim 4, wherein the washer piece contains ball bearings sandwiched in between two round disks.